

Mixed Greens with Pan Grilled Portobello Mushrooms

(Serves 8)

Ingredients:

- 1/2 cup balsamic vinegar
- 1/2 cup vegetable broth
- 1 tablespoon olive oil
- 2 tablespoons water
- 2 cloves roasted garlic, crushed
- 4 portobello mushrooms
- 4 cups romaine lettuce, leaves torn
- 2 cups radicchio, leaves torn
- 2 cups endive, leaves torn
- salt and pepper to taste



Directions:

Clean mushrooms, removing stems, and set aside. Whisk together balsamic vinegar and next 4 ingredients. Add half of vinegar mixture to a large skillet and heat until mixture starts to simmer. Add mushrooms, tops down. Cover, reduce heat to medium and cook 3 minutes. Turn mushrooms and cook an additional 4 to 5 minutes, until tender. Combine romaine lettuce and next 3 ingredients in a large bowl. Add remaining vinegar mixture, toss well. Divide lettuce equally between eight salad plates. Slice mushrooms and divide equally between eight plates. Add salt and pepper to taste. Serve immediately.

Nutrition information per serving:

Calories: 86

Protein: 5 g

Carbohydrate: 11.6 g

Fat: 1.8 g (18% of calories from fat)

Cholesterol: 0 mg

Sodium: 86 mg

<http://www.pcrm.org/health/recipes/christmas.html>